

Norcatour News

By the Norcatour News Committee

Five second rule, totally false

Sympathy is extended to the relatives of Ralph "Jim" Nelson, Bonnie Henderson, and Donald Hill, who died recently.

The city-wide yard sales will be held in Norcatour on Friday and Saturday, June 10 and 11. Anyone wishing to have a sale should contact Deb at (785) 871-7381 for details.

Happy Birthday to Evelyn Lyon, May 11; Carolyn Strevey, May 16; and Arlene Thornton, May 17.

Evelyn Lyon celebrated her 94th birthday on May 11. Her address is: Andbe Home, 201 W. Crane, Norton, Kan., 67654.

Dorothy Ward and Bee Nelson attended the open house of Grooming by Maritta in Norton on May 5.

Bee Nelson was in Norton on Tuesday morning to take Oran Milner to an appointment. That afternoon Bee Nelson accompanied Dorothy Ward to McCook where they both had appointments with their hearing aid audiologist. Mrs. Nelson took Bob Sawdon to Norton for his appointment with the doctor from Kearney.

On Mother's Day, Beth Sebaugh and Mary Lesle accompanied Bee Nelson to the Norton Legion Mother's Day Buffet.

Happy 50th to Scott Hartzog from the City of Norcatour!!

Troy, Deb and Anthony Marshall had the opportunity to sponsor the DCHS vocal trip to Omaha. The trip began for Troy and Deb on Friday as Troy drove the DCHS Singers to Salina stopping at multiple schools along the way for them to perform. Saturday was a full day at Kansas Wesleyan University in Salina where there was 2A State Music. To our local kids Jacob and Matthew Helm, Amanda Marshall and Nolan Henningson - Job Well Done!

From there 25 of the vocal kids, Mrs. Nelson, Anthony and Deb, with Troy driving, went to Omaha. They spent the night across the river in Council Bluffs, Iowa, then the kids swam at the hotel, ate at Spaghetti Works, and walked around the Old Market District before heading to the Orpheum Theater to see the opera, "Les Miserables." The theater is beyond beautiful and the performance was awesome! It was such a neat experience for the kids to get to enjoy such culture. The grown-ups enjoyed it immensely too!

Last weekend was spent in Wichita for State Speech in the 2A Division. Troy drove the bus. Deb and Andrea Spanier were judges as well as Sarah Marcuson from Oberlin, Anthony is one of the assistant coaches. Champs were held at Bishop Carroll High School and Festival was held at Wichita East. All of our local kids made it into finals and Duet Acting with Nolan Henningson - 5th, who also had a Prose - 3rd, Jacob Helm with Extemporaneous Speaking - 5th. These placings are the top out of the entire State in the 2A Division! On the Festival Team was Matthew Helm with Sierra Lohofener

with IDA who got a 1. They all did such a fantastic job! The team took third!!

School is winding down and summer will soon be here. The Library Board is wondering if there is any interest in a Summer Reading Program. What we have done in the past is to try to have activities scheduled at the Library during the summer and have kids try to read a certain amount of pages or books depending on age. If there are kids who would enjoy coming to the Library for a Summer Reading Program, please let Deb know as soon as possible so we can try to get something planned. Contact me at 693-4461. Thanks!

Wava Reames visited with her dad, Frank Ward, and also helped deliver Mother's Day flowers Friday. Her sister-in-law, Lynn Ward and her mother, Ruby Pflieger, own the Garden Gate Florals, Etc. in Norton. Lynn's brother, Steve McMurry, and Wava delivered floral arrangements all over Norton and even all the way to Almena!

Wava had a bit of a predicament this past week. She is keeping her granddaughter's cat, Music, for her. On Monday evening the cat sneaked out the door and wound up in a tree north of the house. She tried coaxing her down, but she couldn't find her way down. On Tuesday, she parked the golf cart under the lowest limb hoping the cat would jump down. Finally on Friday evening she finally took the leap of faith and jumped onto the golf cart roof.

Virgil and Joyce Price ate Sunday dinner out to celebrate Mother's Day in McCook. They also visited her brother and wife, Mr. and Mrs. Melvin Thielbar, who live in McCook.

Mark and Debby Ward of Hugo, Colo., visited Dorothy Ward, last weekend, to celebrate Mother's Day. Saturday evening they went out for pizza. After church Sunday, they cooked a sumptuous dinner and insisted "mom" be lazy. They returned home late Sunday afternoon.

Mother's Day always means fishing day at Rea and Dee Magers. Their son Jeff, Cedar Bluffs, went with them. They enjoyed a picnic lunch of fried chicken and potato salad. Rea and Jeff had a little bit of fishing luck, and Mom Dee missed out this time, but enjoyed the beautiful day.

Weekend guests of Dave and Patty Stapp were Jerrod and Kortney Poire and Kynleigh. On Friday, Dave and Patty, Jerrod, Kortney and Kynleigh met Sam Stapp, Kaitlyn Stapp, Michael Schamberger, Dewaine Stapp and Charlotte Meints at Selden to celebrate Dave Stapp's birthday. On Saturday Patty, Kortney and Kynleigh attended a baby shower for Kaitlyn Stapp in Hoxie. Other family members that attended were Marian Dempewolf, Linda and Addison Schliep and Amber Dempewolf.

Jim Plotts had surgery May 5 in

Kearney on his right hand. Jim severed the tendon on his right thumb and mangled his index finger in a wood shop accident with a table saw. The surgery was considered outpatient and he is recovering at home. A pin was placed in the joint and a cast around his hand and wrist to immobilize the thumb. He is expected to make a full recovery.

Jim and Carolyn Plotts along with their friends from Norton, Bob and Ila Virgil, had Sunday supper at the home of Twila Bainter in Hoxie. The five are all involved in prison ministry at Norton Correctional Facility.

The results of the pool tournament held at the Cardinal Bar & Grill Wednesday, May 4, were Stan Miller, first; Fred Molzahn, second, and Von Johnson, third.

Senior Citizens met May 6 with 22 players for cards. Winners were Rea Magers, Margaret (Toots) Magers and Beth Johnson. The next meeting will be at 1 p.m. Friday at the Educational Building.

Has someone you know ever used the "five second rule" with dropped food, or double-dipped a food into a shared bowl? Did you know that studies have determined how many bacteria are transferred at these time?

The "Five Second Rule" Have you ever heard that dropped food will not be contaminated if it's picked up within five seconds? This "rule" is totally false! Researchers at Clemson University studied bread and sausage dropped onto tile, wood and carpet. They found that a large number of bacteria were transferred to both of these foods when they were dropped onto any of the three types of floors, even for just five seconds. Many bacteria lived at least four weeks, even on dry floors.

What to do to keep yourself healthy? Hold onto your food, if possible! When you do happen to drop a food, discard it and get something clean to eat.

Double Dipping. If you see someone dip a food into a shared bowl



Home Time

By Tranda Watts
Regional Extension Agent

of dip, take a bite, and then dip the same food back into the bowl, then you've witnessed "double dipping". Another Clemson University study found that double dipping transfers a significant number of bacteria from the eater's mouth into the remaining dip. Even if people turn the food around and dip with the part their mouths haven't touched yet, the bacteria on their fingers contaminate the food and then the dip.

What to do to keep yourself healthy? Use individual dipping bowls instead of shared ones, and discard leftover dip rather than refrigerating it. Encourage the enjoyment of shared dip by spooning

some directly onto foods instead of dipping directly into it. Added bonus: By measuring your food portions and then turning away from a larger bowl, you'll likely save yourself from eating too many mindless calories as well!

Be sure to teach the young people in your life healthy eating practices, too.

If you have food related questions, please feel free to call your local K-State Research and Extension Office or e-mail twatts@ksu.edu, and Trego counties. Call her at (785) 443-3663 or e-mail twatts@ksu.edu..

Mankind known as Sheep Judi Stricker, United Church of Oberlin

Our Gospel reading for this Sunday was *John 10: 1-10*. In this passage, Jesus is referring to mankind as sheep and that He is the gate through which the sheep enter the sheepfold. It is a most beautiful passage, but I will interject a bit of humor to begin.

A shepherd was looking after his sheep along a deserted road when to his surprise a fully loaded brand, shining new Porsche screeches to a halt!

The driver, a man dressed to the hilt in an Armani suit, his Ray-Bans propped up on his head, consulting his gold Rolex for the time, asks, "If I can tell you how many sheep you have, will you give me one of them?"

The shepherd, curious at how this arrogant dandy could pull this one off replied, Yes, I will let you choose one."

For the next five minutes, the young man connects his laptop to his mobile, contacts NASA, then sets the scan on his GPS, and opens his database of tables and in a couple of minutes, prints out a 150 page report on his mini mobile printer. He brings over the last sheet of paper and says, "You have 1,586 sheep here! The shepherd, registering his surprise, replied, "Correct. A deal is a deal, so you can pick your sheep."

The young man put an animal in the Porsche. He revved the engine, and was just ready to roll when the shepherd asked, "If I can guess your profession, will you return my animal to me?"

The young man, sure of himself, replied, "Sure, go ahead." The shepherd softly replied, "You are an IT consultant." You could have blown the young man away like a feather. He quickly asked, "How in the world did you know?"

The shepherd hitched up his jeans, cleared his throat and answered, "First, you showed up here without being invited. Then, you charged me for something I already knew, and finally, you just don't know anything about my business. so, please give me back my.....dog!"

Few of us know much about being a shepherd, but most of us would recognize ourselves as sheep.

Why did Jesus use sheep and the shepherd as a teaching tool about being a Christian? Maybe it was that we have rather unflattering similarities to sheep, and that Jesus' love for us is like a shepherd for his sheep and last, because the Christian church should be like the sheepfold.

What are those things that make us appear a bit like sheep? Well, we tend to follow the crowd like sheep. It

is amazing to me that in the culture of today, lies, out and out lies, are repeated enough that they take on truth in the minds of many. Just let someone with a little "clout" repeat it as truth and we fall for it every time. It becomes like the latest fashion fad. Sadly, we rarely consider the consequences of our "following."

Sheep are pretty stubborn and so are we. When an idea appeals to us, no matter how wrong-headed, we will follow it to the bitter end. Put those two together, and you have many of the problems that we face today.

We all wanted a "bite of the great greed pie" that was the 90's. Our mantra was, IF A LITTLE IS GOOD, THEN MORE IS BETTER. Like sheep, we all followed Wall Street and ended up nearly lost. Our nation nearly lost all that those that have gone before us, worked so hard to build. We're still not "out of the woods."

This nation professes to be a Christian nation, yet we seem to have deserted our Shepherd. Our children do not receive the education in morality and ethics that should be a part of their education package at home and at school. We have managed to strip religion out of our children's thinking. We seem to have thrown compassion and love for our neighbor on the back burner while "What's in it for me?", has become the most asked question. How sad for us all. With thinking like this, will the sheepfold gate be open?

In the passage today, Jesus makes it clear that we MUST enter through the gate into the sheepfold and the gate is Jesus.

As classes end for the year, and our children are back home for a more extended time each day for the next couple of months, should we consider eating at the table together, visiting about what is really important in our lives, our loved ones and helping each person realize the best in their lives? Should we be present at bedtime, to help with prayers for our nation, our loved ones, and our earth? Should we involve our children in activities other than the T.V., which is pretty much "garbage for the mind", and the myriad of electronic devices which teach violence and inoculate young minds against compassion and love for those so much in need of our compassion and love?

We can't go back to the 50's, one of the greatest church-attending eras in the church but, can we help to bring ALL through the gate to the sheepfold? Let's make it a goal.



Decatur Health Systems

By Othelia Vacura

Decatur Health Systems is organizing teams to participate in the Decatur County Relay for Life scheduled from 5 p.m. to 5 a.m. Friday and Saturday, June 17 and 18, at The Gateway.

Employees from all areas, including the Decatur County Hospital, Family Practice Clinic, Cedar Living Center, Cottonwood Home Care and Wheat Ridge Terrace Retirement Apartments have been encouraged to take part to help raise money to fight cancer.

On Thursday, Cedar Living Center held an open house for the new Elwood and Elaine Mines Bathing Suite. The bath spa with a "Soak, Relax, Enjoy" theme was purchased through the Elwood and Elaine Mines Memorial. It's equipped with a 32-inch television and a video disk player.

A soup supper sponsored by Cedar Living Center on Nov. 26 assisted with finishing the project. Thank you to everyone who made

this luxurious bathing suite possible.

Come join us for the annual Community Walk, starting at 4:30 p.m. Thursday at Sappa Park. Walk or bike some of the nature trails. Enjoy the beauty our park has to offer while giving your body a fitness favor.

Water will be furnished and refreshments will be served when you finish. A new addition this year is the 5K Lake Trail Fun Run/Walk. Start time for this year's non-competitive event is 6 p.m. at the shelter house.

Employees at Decatur Health Systems celebrated National Hospital and Nursing Home Week by scheduling a special event every day of the week, with fundraisers on Monday, nachos on Tuesday, a barbecue potluck on Wednesday, "Take a Dip" on Thursday and "It's 5 O'clock Somewhere" on Friday. The week emphasizes the importance of health-care workers and the services they provide.

Traer News

By Maralyn Courange

Kaylee Ware Cornelious of Dickinson, N.D. received her Associate Degree in nursing from Gillette Community College, Gillette, Wyo., on May 6. She is the daughter of Brad and Kim Ware and the granddaughter of Maralyn Courange.

Maralyn Courange received word that her cousin Fern (Montgomery) Maypole of Loveland, Colo. passed away on May 9 at the age of 90.

She attended Decatur Community High School graduating in 1938. Her parents were Harry and Mae Montgomery.

Rachel Welte, fiancée of Kane Ware, received her Bachelor of Arts degree in Education with a minor in psychology May 14 at Wichita State University. Kane Ware is the son of Kirk Ware and grandson of Maralyn Courange.

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEVILLIE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

JENNINGS-DRESDEN UNITED METHODIST CHURCH
Pastor: Barbara Patterson
SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.
DRESDEN
SUNDAY: Morning Worship, 9:30 a.m.

PRAIRIE CHAPEL UNITED METHODIST
The Rev. Linda Willey
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.

UNITED CHURCH OF OBERLIN
Pastor: Judi Stricker
109 North Griffith-Presbyterian Baptist, Disciples of Christ, Presbyterian USA
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Choir practice every Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Gene Gee
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Linda Willey
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

OBERLIN ASSEMBLY OF GOD
The Rev. Royce Leitner
SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.

HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

NORCATUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

LUND COVENANT CHURCH
Chairman Brad Marcuson
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. ; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor: Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.

Paul's FUNERAL HOMES
A Trusted Name Since 1925.
Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls

